

September 2016



Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

MALNUTRITION a risk for ALL Older Adults

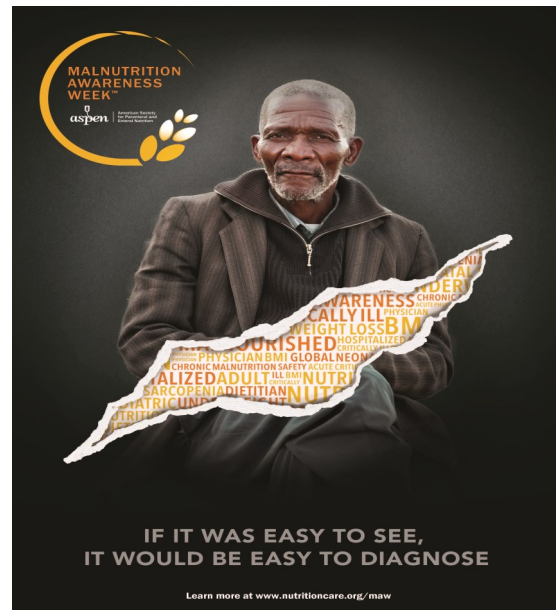
We are all familiar with the pictures of malnourished children in third world countries. We know there are people in the United States who are malnourished as well. However, did you know that 1 out of 2 older adults are at risk for malnutrition?

Malnutrition does not discriminate. It does not matter how much money you have, where you live, or even if you are overweight. Malnutrition can happen to anyone and knowing the warning signs can help you and your family make changes to avoid malnutrition and / or improve your nutrition and health.

What is Malnutrition?

Malnutrition is when your body is not given the nutrients needed to function properly. This can happen in a number of ways. First, an older adult with chronic illness or disease is at high risk of developing malnutrition because the illness or disease may effect their food intake or how their body breaks down food. Second, a person may eat sweets all day, but does not eat, or have available, nutrient dense foods like fruits, vegetables, and meats. Third, they may not have enough food due to limited income, inability to prepare meals or grocery shop, or lack of support to help with meals.

“1 out of 2 older adults are at risk for Malnutrition”



Why is nutrition important?

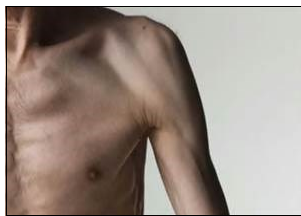
When you have poor nutrition habits, it can affect your health. Older adults are at higher risk for chronic illnesses and if you add poor nutrition, you increase your risk for the following:

- Muscle and other tissue loss
- Difficulty recovering from surgery or illness
- Increased time for healing wounds
- Increased risk of infection
- Increased risk for falls
- Decrease in strength needed for daily activities

All of these things can result in longer hospital stays and longer rehabilitation.

If you or your family have any of the following warning signs, please contact your physician or a dietitian for help and guidance.

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www.defeatmalnutrition.today/resources/



ASK ABOUT YOUR NUTRITION

Are you or your loved one experiencing any of these?



UNPLANNED
WEIGHT LOSS



LOSS OF
APPETITE



NOT ABLE TO EAT
OR ONLY ABLE
TO EAT SMALL
AMOUNTS



FEELING WEAK
OR TIRED



SWELLING
OR FLUID
ACCUMULATION

If you or your loved one have any of these problems, ask about your nutrition! Nutrition is important to your recovery and has been shown to promote positive outcomes. Ask if you can be evaluated by a registered dietitian or nutrition support clinician.

nutritioncare.org/maw

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- Call your doctor and show them your symptoms and discuss malnutrition
- Call a Registered Dietitian for help
- Call your local Aging and Disability Resource Center to see if you qualify for services that can help you
- Eat more protein rich foods like meat, eggs, dairy, nuts and seeds and increase your calorie intake

HOTLINE:

Find a Dietitian online - <http://www.eatright.org/find-an-expert>

Aging and Disability Resource Center 877-925-0037

Nutrition Hotline 1-800-366-1655

**Kentucky Cabinet for Health and Family Services
Department for Aging and Independent Living**

275 East Main Street 3E-E
Frankfort Kentucky 40621
Phone: 502-564-6930

<http://chfs.ky.gov/dail/default.htm>